

September 2005

# 4th Landing Support Battalion Family Newsletter

[www.mfr.usmc.mil/4thfssg/4thlsb/](http://www.mfr.usmc.mil/4thfssg/4thlsb/)



MCCS OneSource Online

Your regional contractor is



1-888-874-9378

## WELCOME HOME HEAVY EQUIPMENT PLATOON



### GREETINGS FROM THE BATTALION COMMANDER

"As the new Commanding Officer of 4th Landing Support Battalion, I know that I am joining the premier Battalion in the 4th FSSG. I know that this not only applies to the Marines and Sailors but to their families as well. Having a Family Support Network of Key Volunteers and Family Readiness Officers in place in the 4th LSB will be a priority of mine and will get my command attention. Our Marines and Sailors will only continue to perform in a superior manner if they are assured that the Marine Corps is doing everything it can to ensure the welfare of the families, especially during deployments. Key to the success of the 4th LSB Family Support Network is the involvement of everyone of you. Get involved! The more there are that are involved the better we will be. Many of you have great ideas to make our Network better, please do not keep them to yourself. If you have questions or issues, please address them at the local level and then up to the Battalion level if need be. I will always be willing to make improvements and listen to your concerns. I pledge to you my sincerity and my support. My number one job is to take care of and lead the Marines of the 4th LSB. Please help me do this. I look forward to meeting many of you during my stay at 4th LSB."

Semper Fidelis, LtCol John Wiggins

MAILING ADDRESS FOR CLB-8

**CLB-8 / TS Company / Platoon  
2d FSSG FWD  
Unit 73965  
FPO AE 09502-3965**

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**MCCS/Military OneSource**

QUANTICO, Va. -- If there is one thing Marines and their families are accustomed to, it is change. You change jobs, homes, communities, and schools far more often than most Americans do. And you know only too well the changes military families experience when Service members deploy and return home. MCCS OneSource this month is featuring resources geared to managing change.

Perhaps you are anticipating changes associated with reassignment, relocation, deployment, or reunion with family; or maybe you are anticipating one of life's milestones such as marriage, birth of a child, or retirement. Whatever your situation, there are resources available to help with the challenges change brings.

Your installation Marine and Family Service Center provides useful resources such as workshops and relocation assistance. Both the Marine and Family Service Center and MCCS OneSource consultants have information and can offer assistance for managing change. They can also connect you with other support services in your community.

This month MCCS OneSource is featuring the CD, Working Through Times of Change. You can receive a free copy by calling a consultant or ordering online on the MCCS OneSource website.

For more information and helpful suggestions for dealing with issues common to managing change, visit MCCS OneSource Online to download these informative Life Articles:

- Coping with Change
- Communicating During Times of Change
- Helping Children Deal with Change

**For all active duty and Guard and Reserve component personnel and their families.**

Call MCCS OneSource today and speak with a trained consultant:

**Stateside: dial 800-869-0278**

Overseas (where available): 800-8690-2788\*

\*Please note, local phone charges may apply.

Or call collect: 484-530-5908

MCCS OneSource is brought to you in partnership with Marine and Family Services. There is no cost associated with using this service, and best of all, it's available—anytime of day, where ever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible.

Online: Visit MCCS OneSource Online Id: Marines Password: Semperfi

En español, llame al 800-375-5971

TTY/TTD: 800-346-9188

**Online Stress Management Available**

Sailors, Marines or family members seeking assistance in controlling and reducing stress can now utilize the Navy Systematic Stress Management Program, a web-based tool available from the Navy Environmental Health Center (NEHC). The tool provides resources for effective stress management including articles, products and contact information to seek additional help. For more information visit the NEHC website at <http://www-nehc.med.navy.mil/hp/stress/StressMgmt.htm>

### Face-to-Face Counseling for Military

The Department of Defense, offers service members professional, private counseling as part of the Military OneSource program. The OneSource program provides service members and their families with information and referral services for education, medical, financial, deployment, return, and reunion issues. In July, the program will be expanded to include face-to-face counseling services for service members and their families.

Service members who want to take advantage of the service can call the OneSource telephone number to talk to an online consultant. The service can also be accessed by visiting local family support centers. If counseling is needed, a consultant will help the service member set up an appointment with a licensed civilian counselor in the local community. The service comes at no cost to service members and their families, and they are entitled to up to six counseling sessions per issue. Military OneSource is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 7075-7844 or collect at (484) 530-5913. The program is also available in Spanish at (800) 375-5971 and to the deaf or hard of hearing, via TTY/TDD at (800) 346-9188.

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### **2005 USMC Birthday Ball 4<sup>th</sup> Landing Support BN November 12, 2005 All-Hands Club, McChord AFB**

Lodging at Evergreen Inn, McChord AFB

#### **Ticket Prices**

E1-E5	\$25
E6-E7	\$35
E8-E9 / WO1-CWO4 / 01-03	\$45
04-09 / Visitors	\$50

Note: Tickets will not be sold after 1600, Saturday, October 1<sup>st</sup>. Additional tickets (more than two) will only be made available after everyone has had the opportunity to purchase their tickets.

Marines and Sailors of H&S and Alpha Companies contact your ball representative for ticket purchases. All others contact LtCol Willis at [ron.willis@usmc.mil](mailto:ron.willis@usmc.mil)

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**RETURN AND REUNION INFORMATION**

INFORMATION IS AVAILABLE AT THE FOLLOWING WEB SITES:

RETURN AND REUNION WORKSHOP FOR SPOUSES AND FAMILIES

<http://www.lifelines2000.org/reunion>

[http://www.lifelines2000.org/reuion info](http://www.lifelines2000.org/reuion%20info)

<http://www.lifelines2000.org/dav/lsnmedia/LSN/CombatStress/>

GUIDE FOR FAMILIES AND MARINES

<http://www.usmc-mccs.org/ffamilyLifeHome.cfm>

INFORMATION FOR MARINES

<http://www.usmc-mccs.org/fmilitaryLifeHome.cfm>

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**UPCOMING DRILL SCHEDULE 2004/2005**

NOVEMBER 12 DECEMBER JANUARY FEBRUARY MARCH  
APRIL MAY JUNE JULY AUGUST SEPTEMBER 10-11 **OCTOBER 1-2**

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**Unit Telephone Numbers**

4th LSB Staff Duty NCO 253-988-1071

LtCol Willis-Family Readiness Officer  
253-968-7104

[ron.willis@usmc.mil](mailto:ron.willis@usmc.mil)

SgtMajor Humphries-I-I SgtMaj/AFRO  
253-967-2869

[thomas.humphries@usmc.mil](mailto:thomas.humphries@usmc.mil)

**Key Volunteer Coordinators**

Mrs. Cindy Griffin (BN) 253-630-3124

[Gcinfull@aol.com](mailto:Gcinfull@aol.com)

Mrs. Stacy Morgen-Demer (I-I) 253-678-5094

[facemorgen@yahoo.com](mailto:facemorgen@yahoo.com)

**Key Volunteers**

Mrs. Ingrid Espinoza (H&S Co) 253-840-5964

[ingridesp@earthlink.net](mailto:ingridesp@earthlink.net)

Mrs. Bobbie Rickter (A Co) 360-458-8605

[brickter@aol.com](mailto:brickter@aol.com)

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**Mailing Address for Marines Deployed to Djibouti**

**Rank Name**

**S-6**

**Camp Lemonier, Djibouti - Africa**

**APO-AE 09363**

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"Deployment Journal for Kids," a new book to be released July 1, gives children a special place to record feelings and events during a loved one's

military deployment. The book was written by Rachel Robertson, an early childhood educator and military mom. The companion website for the book at <http://www.deploymentkids.com/> offers time zone and distance calculators, games, and tips for children on getting through the deployment.

#### WEB SITES OF INTEREST

[www.militaryspousemagazine.com](http://www.militaryspousemagazine.com) - Military Spouse Magazine  
[www.rainier-redcross.org](http://www.rainier-redcross.org) -Rainer Red Cross  
<http://www.usmc-mccs.org/kvn/trainkvn.cfm> – Key Volunteer Training  
<http://www.usmc-mccs.org/links/index.cfm>- L.I.N.K.S.  
[www.defenselink.mil/ra/familyreadiness.html](http://www.defenselink.mil/ra/familyreadiness.html)- Reserve Affairs  
[www.mothers-home.com](http://www.mothers-home.com) Children's Activity Resource  
[www.cinchouse.com](http://www.cinchouse.com) -Spouses Website  
[www.marinewives.com](http://www.marinewives.com) Spouses Website  
[www.militarychild.org](http://www.militarychild.org) -Military Child Education Coalition  
[www.sgtmoms.com](http://www.sgtmoms.com) -Military Moms  
[www.lifelines.navy.mil](http://www.lifelines.navy.mil) -Military News and Information  
[www.militarycity.com](http://www.militarycity.com) -Military News and Information  
[www.commissaries.com](http://www.commissaries.com) -DeCA Commissary Site  
[www.redcross.org](http://www.redcross.org) -Military Family Resource Center  
[www.tricare.osd.mil](http://www.tricare.osd.mil) -Tricare  
[www.fema.gov/areyouready](http://www.fema.gov/areyouready) -FEMA

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#### REMINDER

If your loved one is seriously injured you will be notified by the Family Readiness Officer (FRO) within 24 hours of the FRO receiving the information. Don't believe the so-called "prank" phone calls that something has happened to your Marine or Sailor. Report such activity to your local police department immediately. Trust only what you hear from your Marines Command, FRO, or from your loved one.

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#### ADVICE FOR YOU FAMILY HOMECOMING

First, KEEP EXPECTATIONS REALISTIC! Your Marine coming home will not be a "fairy tale". There are many misconceptions about your Marine coming home and that everything will proceed like a "fairy tale". Real life is not a fairy tale; there will be an adjustment period. If you are married it will take time to readjust to being a couple. Let's face it as the wife staying at home you have been forced to become independent. It will take a while to go back into that state of familiarity and ease.

Second, DON'T PUSH! Your Marine has been exposed to many things while they have been away from home. They may not want to talk about it right away. Do not pry and do not push. When they are ready to open up they will. They may react strongly to loud noises and want to avoid crowds. It is urged that the husband and wife take some time to readjust before dealing with other family members.

Third, stress symptoms are to be expected! That does not mean there is something wrong with the marine. They will need time to readjust. Please know that there is counseling available at all bases. This is an excellent avenue to pursue if you are worried.

There is also a Marine Corps One Source hotline that you can call 24 hours a day. This information line offers advice, support, practical solutions and online resources. The service is pre-paid and confidential. 1800-433-6868  
OCNUS Universal Free Phone : 1-800-237-42374 TTY/TDD: 800-346-9188 EN Espanol: 1-888-732-9020

Homecoming Considerations:

1- Every deployed person and their family members will experience a feeling of anticipation as the end of the deployment approaches. The may take the form of eagerness for reunion/or a dread of a return to a problem situation.

2- Due to anticipation, few get much sleep the night before homecoming. These feelings may result in you and your family members being concerned and exhausted when the family is finally reunited.

3- It may take a while for the Marine to get adjusted to the local time zone, home cooking, lack of continual noise, etc. Some difficulty sleeping through the night is typical

4- After the end of a deployment, it is not unusual to experience a homecoming let down. Reality is seldom equal to how we have fantasized life after reunion would be. It makes sense to keep expectations REASONABLE and to be flexible.

5- The Marine may want to stay at home and rest while the spouse may be eager to go out socializing as a couple or get the accumulated "honey do" tasks done. Skillful compromise and reasonable give and take will be needed if arguments and hurt feelings are to be avoided.

6- The Marine should express appreciation for the spouse's efforts in running the household single-handedly. It is unwise to criticize the spouse's efforts or the decisions they had to make on their own during the deployment.

7- Keep expectations reasonable and stay flexible. Special welcome efforts of the family and friends, or gifts the deployed members may bring home, may not result in the expected reaction.

8- Children in the home may act out more than usual. Children's reactions at homecoming may not be what the parents expected or hoped for. Very young children may not remember the deployed person and may be shy. Older children may be resentful of the time the deployed person was away from the family. Children may need time to get re-acquainted. Give it time.

9- If there were unresolved marital or family issues before the deployment, the issues are likely to resurface. Realize it will take time and effort to resolve them. Be patient and keep expectations reasonable.

10- If promises were made, through letter or phone calls, during the deployment, the person to whom the promises were made will probably remember and expect the promise to be kept.

11- The deployed person may feel surprised or threatened the partner did so well on their own during deployment. Or, may feel a little jealous at how closely the children bonded with the parent at home. Such feelings are normal, but it is wiser to show the other person love and appreciation for all their efforts during deployment.

12- The returning Marine should remember that he or she has probably not driven a personal motor vehicle in US traffic for some time, and may need to allow degraded skills to refresh slowly.

### HOMECOMING TIPS

- \* Accept that things may be different.

- \* Talk about your experiences

- \* Go slowly-don't try to make up for lost time, especially behind the wheel.

- \* Reassure your children. Change often frightens them.

- \* Spend quality time with your children.

- \* Curb your desire to take control or spend money.

- \* Accept that your partner may be different.

- \* Remember that intimate relationships may be awkward at first.

- \* Take time to get reacquainted.

- \* Forget your fantasies. Reality may be quite different.

- \* Take time to readjust.

- \* Communicate with your partner and family

- \* Plan on spend some time with the entire family doing family thing, but be flexible. Plan for extended family member visits.